

Bonnie's Recipe for No-Fail Compost

Ingredients: Nitrogen + Carbon + Water + Oxygen

One part Nitrogen

Fruit and vegetable scraps

Tea bags

Fresh prunings and trimmings

Green weeds (seedless)

Coffee grounds

Feathers and hair

Spent flowers

Grass clippings

Add:

Two or three parts Carbon

Dried leaves and grass

~~Shredded~~ paper and cardboard

Wood chips, sawdust (untreated)

Pine needles (slow decomposition)

Dead dry plants and flowers (not diseased)

Straw

Coffee filters

Used paper towels and napkins

Layer in a pile preferably 3ft x 3ft or fill a homemade or commercial bin to 2 or 3 ft in depth.

Add:

Water, enough to dampen the layers. Don't over water but keep moist.

Add compost accelerator if you desire though it is unnecessary.

Compost happens without these, but, you can add:

Blood meal, commercial compost starter, chicken
and other vegetable-eating animal manures sparingly.

No dog or cat waste!

Oxygen, mix or turn often (at least once a week) to oxygenate.

Check temperature often. If not hot enough, (100 deg.+ is nice) it
may be too dry or needs nitrogen. Add and and most importantly turn!

Let cook until rich and crumbly and sift if necessary to remove un-composted
pieces. Enjoy!

WHAT CAN I COMPOST?

GREENS = NITROGEN

- Fruit & Vegetable scraps
- Coffee grounds
- Tea bags
- Feathers & Hair
- Egg shells
- Bone and Blood meal
- Fresh prunings & trimmings
- Green weeds (seedless)
- Seaweed
- Alfalfa pellets
- Grass clippings
- Dog food
- Flowers
- Brewery & wine making leftovers
- Fur

BROWN = CARBON

- Dried leaves & grass
- Dead plants & flowers
- Straw
- Pine needles & cones
- Vacuum bag contents
- Shredded paper & cardboard
- Peat moss
- Dryer lint
- Used paper towels, napkins
- Nut shells
- Untreated wood chips, sawdust

DO NOT COMPOST THESE THINGS:

- Diseased plants
- Weeds with seeds
- Poisonous plants
- Meat / fish
- Charcoal ash
- Pernicious, invasive weeds like bindweed, puncture vine, Bermuda grass
- Dairy products
- Plastic, metal, glass
- Fats, oils, grease, butter, lard
- Wood ash
- Coal, treated woods
- Chemicals pesticides, herbicides
- Dog, cat, pig, pet bird, manure
- Glossy, slick, colored paper
(recycle it instead)

**WHEN IN DOUBT, LEAVE IT OUT!
(AND THEN DO A LITTLE RESEARCH)**

Aquaponics



Grow your own vegetables in 1/3 the time.
80% less water the traditional dirt garden.
Four times the harvest per square foot.
Know where your food comes from.
Half the work of a dirt garden.

Not near the expense as in a dirt garden

Start small and grow big.

No pesticides or synthetic growth enhancers and no herbicides.

All natural can be better for the environment than organic.

No back breaking labor weeding.

Harvest fresh fish that were grown in conditions you control.

Call John at 602-618-1771 or text

www.Southwest Tilapia Farm.com

Farm tours are by appointment

Emergency/ First Aid/ Medical Items

First Aid Kit

- Tylenol (acetaminophen), Motrin/Advil (ibuprofen), Benadryl (diphenhydramine), daily meds, antibiotic ointment, peroxide, rubbing alcohol/ alcohol wipes, cortisone (steroid) cream
- Band-Aids, gauze bandages (rolled and squares), large triangle shaped bandage, Ace- wraps, medical tape, tourniquet
- Emergency blanket, tweezers, scissors, instant cold compresses, oral thermometer
- H2O purification method
- Emergency phone numbers, way to charge your phone, flashlight, matches
- **American Red Cross** <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>
- Amazon (\$16-\$100+), Mymedic.com (\$150-\$250)

Burns

- 1st degree (superficial) = color change(redness), pain
- 2nd degree (partial thickness) = color change(redness), pain, blistering
- 3rd degree (full thickness) = color change (white, charred), no sensation
- Cool the burn (don't use ice, ice water)
- Don't pop blisters (prevents infection)
- Remove rings quickly before swelling starts
- Cover burns loosely with clean bandage

Call 911/ seek medical care if...

- Deep involving all layers of skin, charred, white, brown, or black, area larger than 3 inches diameter, covers hands, feet, groin, buttocks, major joints, or encircles and arm or leg, accompanied by smoke inhalation, begin swelling very quickly (not a pea sized blister!!), electrical or major chemical burns, minor burns of the eye

Head injuries / Concussion / Post concussive syndrome

- Mechanism of injury (high speed, blunt force, open wounds, on blood thinners, fall from higher than you are tall, penetrating wounds)
- Symptoms: LOC (loss of consciousness), vomiting, severe headache, altered coordination, visual changes, abnormal speech)
- Avoid sports/ activities that would increase pulse or blood pressure for 1 week (until cleared by PCP or pediatrician)

Lacerations

- **APPLY PRESSURE!!!** Mild bleeding vs. Pumping pressure vs. tourniquet
- “Does it pass the talking test?”
- Location: over a joint (tendons, ligaments, blood vessels), eye lids, lips, genitalia, ears, nose
- Shape: flap, irregular/jagged, skin tear (superficial, does not need sutures!!!)
- Function of body part or loss of function: i.e., unable to extend finger
- Repair: sutures (stitches), staples, steri-strips (butterfly), skin glue

Musculoskeletal injuries

- Deformity
- Open wound/ exposed bone, Puncture wounds, Crush injuries
- Loss of function
- Swelling, Bruising, Pale in color (fingers, toes)
- Immobilize/ splint, Ice packs

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